

Daily Retreat Schedule

PLEASE REMEMBER YOU CAN SHIFT POSITION OR STAND IN PLACE DURING ANY OF THE SITs.
TIMES ARE APPROXIMATE. SEE OVER FOR EXCEPTIONS TO DAILY SCHEDULE.

Monday, March 30 – Saturday, April 4, 2020

Zendo Schedule

5:00 am	Wake-up
5:30 - 6:00	Chanting
6:00 - 7:00	Sit
7:00 - 7:30	Sit or Walk
7:30 - 8:00	Sit
8:00 - 9:15	Breakfast & Rest
9:15 - 10:00	Sit or Walk
10:00 - 10:45	Sit
10:45 - 11:00	Stretch Break
11:00 - 11:30	Sit
11:30 - 12:00 pm	Sit or Walk
12:00 - 2:00	Lunch & Rest
2:00 - 2:30	Sit
2:30 - 3:00	Sit
3:00 - 3:30	Sit or Walk
3:30 - 4:15	Sit
4:15 - 4:30	Break
4:30 - 5:30	Sit
5:30 - 6:45	Dinner & Rest
6:45 - 7:30	Sit
7:30 - 9:00	Dharma Talk
9:00 - 9:15	Stretch Break
9:15 - 10:00	Sit
10:00 pm	Sleep or Yaza (optional sitting)

Support Activities

(4th Floor Classroom unless noted)

7 - 8 am Yoga/Qi Gong/Mindful Movement

7 - 8:30 am: Online Support: Shinzen
2nd Floor near Shinzen's Rm. #209
Office Hours: Janusz
Rm. #201

9:15 am - 11:00 am

* **Full Grid Technique Instruction - Shinzen**
** **Core Technique Instruction - Janusz**
(St. John of the Cross Room - main level)
11:15 am - 12:00 pm
AMA (Ask Me Anything) for all - Shinzen

2 - 2:30 pm: Yoga/Qi Gong/Mindful Movement

3 - 4:30 pm: Online Support: Shinzen
2nd Floor near Shinzen's Rm. #209
Office Hours: Janusz
Rm. #201

9 - 10:30 pm: Online Support: Shinzen
2nd Floor near Shinzen's Rm. #209
Office Hours: Janusz
Rm. #201

* Familiarity with techniques as newcomer/first timer instruction will NOT be available

** Basic techniques taught to those not familiar with techniques or those who haven't attended a retreat for some time.

First and Last Day Schedule

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First Day - Sunday, March 29, 2020

Zendo Schedule

Support Activities

(4th Floor Classroom unless noted)

4:00 pm-5:30	Registration	
5:30 - 6:15	Meet & Greet Dinner	Dining Hall
6:30 - 7:30	Social Time/Meet with Newcomers	Lounge
7:30 - 8:00	Sit (optional)	
8:00 - 9:00	Welcome & Orientation	
9:00 - 9:15	Stretch Break	
9:15 - 10:00pm	Sit	* Newcomer Meeting - Shinzen & Janusz

* A Newcomer' in this context means anyone who has not previously done a residential retreat with Shinzen, anyone needing a 'jump start', or anyone who hasn't attended a retreat for some time. Facilitators also welcome.

Last Day - Sunday, April 5th, 2020

5:00 am	Wake up	
5:30 - 6:00	Chanting	
6:00 - 7:00	Sit	7 - 8 am Yoga/Qi Gong/Mindful Movement
7:00 - 7:30	Sit or Walk	
7:30 - 8:00	Sit	7 - 8:30 am: <u>Online Support: Shinzen</u> 2 nd Floor near Shinzen's Rm. #209
8:00 - 9:15	Breakfast	<u>Office Hours: Janusz</u> Rm. #201
9:15 - 11:45	Wind Down & Talking Circle	
12:00 pm	Lunch and Retreat Ends	